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Keeping TEENS

DRUG FREE

Monthly Planner
and Activity Guide



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

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What Is Youth Culture?

Youth culture refers to what is most popular among the masses of teenagers and youth. It encompasses their beliefs, values, attitudes, and practices and includes some features that cut across differences in race, ethnicity, geography, and other factors. Like any other culture, youth culture provides subscribers with a design for living and for interpreting their environment. It also influences young people's decision-making and lifestyles. Some aspects of youth culture seem to be almost universal (for a while), while others can vary according to geography, ethnicity, or other factors.

Youth culture is often driven by the need for teens to experiment and take risks—this is part of the normal growing process. But when the experimentation and risk taking involves drugs, violence, and sexuality, teenagers can get in over their heads, and the consequences can be serious, if not fatal. So, how can adults know how much is too much? Part of that



answer lies in understanding the world youth live in today. Incorporate these tips into your New Year's resolutions, and you'll be well on your way to a deeper understanding of your teens and their world.

Explore the Teen World

Today's parents face the challenge of raising teens in a world that is much different from the one they grew up in. But if you are willing to explore the world your teen lives in, you'll set the foundation you need to build a relationship based on mutual respect and understanding. Observe and talk with your teen, read literature written for and by teens, listen to music preferred by teens, and watch television shows and movies popular with teens. These are important first steps. Use the suggestions and activities in this planner to guide you on your journey!

Establish and Maintain Good Communication With Your Teen

Parents who talk to their teens about what's happening in their lives are better able to guide them toward more positive, skill-enhancing activities and friendships. As a result, their teens are less likely to experiment with alcohol, tobacco, or illegal drugs.

Communicate Your Expectations, Set Ground Rules, and Enforce Them

Let your teens know up front that you don't want them using alcohol, tobacco, or illegal drugs. Although teens often seem unreceptive to their parents as they struggle to become independent, teens need parental support, involvement, and guidance more than ever.

Be a Positive Role Model

Authenticity is important to teens. Being

credible as a parent means not engaging in any illegal, unhealthy, or dangerous drug use practices. In other words, if you want to be credible, you have to "walk the walk" as well as "talk the talk."

Appreciate Your Teen's Individuality

Provide unconditional love and support to your teen. Encourage any unique talents and personality. It's not easy being a teenager in the new millennium.

Help Your Teen Deal With Peer Pressure

To resist peer pressure, teens need more than a general message not to use drugs, including tobacco and alcohol. Teens need to be warned of the potentially deadly effects of using and combining drugs. They need to hear a parent's assertion that anyone can become a chronic user or addict, and that even nonaddicted use can have serious, permanent consequences.

Get To Know Your Teen's Friends and Their Parents

Teens are more likely to experiment with drugs if their friends do. Establishing relationships with your teen's friends will put you in closer touch with your teen's daily life and you'll be in a better position to recognize trouble spots. Arrange to attend school sporting events or other gatherings with parents. As parents, you can reinforce each other's efforts and provide a valuable support network for both you and your children.

Note: Throughout this planner we refer to a teen as "him" in some places and "her" in others. We do this for easier reading. Every point in this guide applies to adolescent girls and boys alike, unless specified otherwise.

National Birth Defects Prevention Month

March of Dimes
1-888-MODIMES
www.modimes.org

Regular marijuana use during pregnancy can have an impact that may prevent a child from achieving his or her full potential. Prenatal marijuana exposure is associated with impaired executive functioning—the ability to make decisions and plan for the future.¹

National Glaucoma Awareness Month

Prevent Blindness America
1-800-331-2020
www.preventblindness.org

Glaucoma is an eye disease usually associated with an increased fluid pressure inside the eyes, leading to vision loss or even blindness. Studies show that marijuana, when smoked, lowers intraocular pressure in people with normal pressure and those with glaucoma. However, none of these studies demonstrate that marijuana can safely and effectively lower intraocular pressure any more than a variety of other drugs currently on the market. Simply lowering intraocular pressure does not necessarily control the disease. In addition, smoked marijuana has potentially serious side effects, including an increased heart rate and a decrease in blood pressure.²

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>New Year's Day</i> 1	2	3	4	5	6
7	8	9	10	11	12	13
14	<i>Martin Luther King Jr. Day</i> 15	16	17	18	19	20
21	22	23	<i>Chinese New Year</i> 24	25	26	27
28	29	30	31			

Keeping Teens Drug Free is online!
Log on to the *Reality Chek* Web site at
www.health.org/reality for monthly
updates, activities, and in-depth teen
information.

February

2001

Expressions of youth culture are constantly changing and attempts to describe them are usually dated before the ink dries. Youth culture is as diverse as youth themselves, representing countless variations and combinations influenced by race, ethnicity, geography, economic status, education, religion, commercial marketing, and other factors.

The examples given here are generalizations and are in no way comprehensive. But they do offer a “snapshot” of some expressions of youth culture. It is important to remember that even though a teen wears certain clothes, sports a unique hairstyle, or listens to a particular form of music, it doesn’t mean he or she subscribes to a fixed set of values. Teens pick and choose what works for them, and more often than not, the resulting combination is as unique as the teen is.

Hip-Hop/Rap

Subscribers to hip-hop culture believe strongly in “keeping it real.” They sport an “urban chic” look, which can include oversized shirts and jackets, baggy jeans for guys, tight jeans for girls, designer labels such as FUBU (For Us By Us), Polo, and Tommy Hilfiger, head wraps, dread locs, and earrings for males and females.

Extreme Sports

Fashion follows function for those into surfing, skateboarding, snowboarding, wakeboarding (waterskiing on a board instead of skis), mountain biking, rock climbing, and other extreme sports. Individuality is key (there are no team uniforms). Gear of choice includes baggy shorts (originally helped protect surfers’

thighs from the heavy wooden boards), comfortable shoes or slippers, T-shirts, high-tech materials to protect against the elements, and splashes of color. Hair is often bleached, either from the sun or a bottle of peroxide.

Goth (Gothic)

Anything black is good, even for your nails, lips, and eyelids. Goths have described themselves as theatrical, creative, and nonviolent. They revere the Edwardian and Victorian periods in history and are often interested in literature of and about those time periods. They often wear elaborate costume jewelry, preferably silver and, of course, “gothic” looking.



Ravers

Raves are all-night dance parties held in large, vacant buildings or outdoors. The young people who regularly attend these parties are often called ravers. They are drawn to raves because they are perceived as being an “underground” or counterculture experience. There is no set “raver” look, but some ravers do dress in elaborate, almost theatrical outfits for a night of dancing. Type “rave” into an Internet search engine—you may be surprised at the number of sites you’ll find devoted to the rave phenomenon.

Preppies

Ask a teen to describe a preppie, and you may get a variety of answers—from “clean cut and smart” to “boring and generic.” However, there is consensus on the ways preppies dress, favoring fashions from stores such as Abercrombie and Fitch, the Gap, and L.L. Bean. Usually regarded as looking “mainstream” these preppies are still teenagers, prone to some of the same risk-taking as their non-preppie peers.

Getting To Know You...

Does your teen express herself in any of the ways described here?

Without being critical, ask her why she wears her hair that way. What does your teen’s nose ring mean to him? Is he making a statement, or does he just like the way it looks?

How does the music your teen listens to make him feel? What does she hope the clothes she wears say about her? Is drug use consistent with those statements and the image she wants to convey? Why or why not?

Black History Month

National Clearinghouse for Alcohol and Drug Information (NCADI)
1-800-729-6686
www.health.org/seasonal/blackhistory/

Surveys show that African American youth begin smoking cigarettes later than white teenagers, but start using marijuana earlier. Some experts and teens say marijuana use is a factor. According to a number of interviews, focus groups and surveys, many African American teens say they turn to cigarettes to enhance their high from marijuana.³

American Heart Month

American Heart Association
1-800-AHA-USA1
www.americanheart.org

Researchers report that the risk of a heart attack is five times higher than usual in the hour after smoking a marijuana cigarette.⁴

National Girls and Women in Sports Day (Feb. 5)

Women's Sports Foundation
1-800-227-3988
www.womenssportsfoundation.org

Female adolescents who become chronic marijuana smokers face a greater risk of lung cancer, raised testosterone levels (which can result in increased facial and body hair and acne), and increased risk of infertility.⁵

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	National Girls and Women in Sports Day	5	6	7	8	9
10						
11	12	13	Valentine's Day	14	15	16
17						
18	President's Day	19	20	21	22	23
24						
25	26	27	Ash Wednesday	28		

At last! A helpful marijuana site for teens.
Tell a teen you care about to log on to
www.ForReal.org.

ForReal.org. Real people. Real life.
Real marijuana information.

March

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Club Drugs

“Club drugs” or “designer drugs” are umbrella terms that refer to several different drugs. Youth use of club drugs has risen largely due to the increasing popularity of all-night dance parties known as “raves” or “trances.”

Because these drugs are relatively new, some youth think that taking them is safe because their negative effects have not been widely reported. The fact is that these drugs can cause serious health problems, and particularly when used in combination with other drugs or alcohol, they can be deadly.

MDMA/Ecstasy

MDMA, commonly called “ecstasy,” is a synthetic, mind-altering drug with both stimulant and psychedelic effects. Ecstasy is the most commonly used club drug.

Hazards—Ecstasy can increase confusion, depression, sleep problems, anxiety, and paranoia that may last weeks. Chronic abuse of ecstasy can harm the neurons in the brain that release serotonin, a chemical that plays a role in regulating memory and thought capacity.

Also called—Adam, decadence, E, E pill, eve, herbal bliss, gum, love drug, rib, wafers.

GHB

GHB (gamma hydroxybutyrate) is an inexpensive sedative often manufactured in home laboratories with recipes and ingredients purchased on the Internet. Therefore, the strength and purity of GHB varies greatly. GHB can be produced in clear liquid, white powder, tablet, and capsule forms. People who willingly take GHB do so to relieve anxiety and produce relaxation.

Hazards—At higher doses, GHB can slow breathing and heart rate to dangerous levels.

Overdoses are common, resulting in coma and sometimes death from respiratory arrest. GHB has been increasingly used in incidents of date rape. The drug is odorless and tasteless, so it can be slipped into drinks and ingested without the victim’s knowledge.

Also called—Battery acid, date rape drug, fantasy, Georgia Home Boy, liquid G, liquid, salty water, scoop, soap, zonked.

Ketamine

Ketamine is an anesthetic intended primarily for veterinary use. It is produced in a liquid form that can be injected and as a white powder that can be snorted or smoked with marijuana or tobacco. In larger doses, ketamine causes a reaction similar to that of phencyclidine (PCP), such as dream-like states and hallucinations.

Hazards—Low-dose intoxication results in impaired attention, learning ability, and memory. At higher doses, ketamine can cause delirium, amnesia, impaired motor function, depression, and potentially fatal respiratory problems.

Also called—Bump, breakfast cereal, green, jet fuel, honey oil, k-hole, kay jay, new ecstasy, purple, special K, super C.

LSD

LSD is a hallucinogen sold in tablet, capsule, and, occasionally, liquid form. Often LSD is added to absorbent paper, such as blotter paper, and divided into small squares, with each square representing one dose. It produces delusions and visual hallucinations.

Hazards—Some LSD users experience severe, terrifying thoughts and feelings. Users may experience flashbacks within a few days or more than a year after LSD use. Chronic users may manifest long-lasting psychoses, such as

schizophrenia or severe depression.

Also called—Acid, star, vodka acid, battery acid, blotter acid, blue acid, lime acid, microdot, Owsley’s acid, sugar cubes.

Methamphetamine

Methamphetamine is a toxic, potent, and addictive stimulant that primarily affects the central nervous system. The drug is produced in make-shift or home laboratories from relatively inexpensive ingredients. Methamphetamine is available in several forms; it can be smoked, snorted, injected, or orally ingested.

Hazards—Methamphetamine increases the user’s heart rate, blood pressure, rate of breathing, and agitation. It frequently results in violent and erratic behavior. Chronic use has been associated with increased nervousness, irritability, memory loss, and paranoia.

Also called—Chalk, crystal, crank, glass, hot ice, ice, meth, speed.

Rohypnol

Rohypnol is legal in other countries as a sedative and pre-surgery anesthetic, but it is not approved for prescription use in the United States. Much like GHB, Rohypnol is used to produce relaxation.

Hazards—Rohypnol’s effects include decreased blood pressure, dizziness, confusion, visual disturbances, and drowsiness. Rohypnol is tasteless and odorless and has been used in incidents of date rape.

Also called—Date rape drug, forget pill, la roche (Hoffmann-La Roche is the drug’s manufacturer), lunch money drug, mind erasers, pingus, roach, R-2, ropies, rope, roofies, ruffies, wolfies.

National Women’s History Month

National Women’s History Project
(707) 838-6000
www.nwhp.org

Among women, regular marijuana use can disrupt the normal monthly menstrual cycle and inhibit the discharge of eggs from the ovaries.⁶

National Nutrition Month

American Dietetic Association
1-800-877-1600
http://12.107.100.60

Some people find that marijuana can increase their appetites, which may lead to gorging on junk food and possible weight gain.

Brain Awareness Week

(Mar. 11-17)
Dana Alliance for Brain Initiatives
(212) 223-4040
www.dana.org

The THC (delta-9-tetrahydrocannabinol) in marijuana changes the way information is processed by the hippocampus—the part of the brain responsible for learning, memory, and the integration of sensory experiences with emotions and motivations. The activity of the nerve fibers or neurons responsible for information processing is slowed down by THC. This slows down motor skills and perception. In addition, learned behaviors or memory, which depends on the hippocampus, may be eroded or lost.⁷

National Inhalants & Poisons Awareness Week
(Mar. 17-23)

National Inhalant Prevention Council
1-800-269-4237
www.inhalants.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 <i>St. Patrick's Day</i>
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

2001

Spring Fashion

A Passion for Fashion

Clothes. Gear. Threads. Kicks. No matter what you call it, what you wear makes a statement. And nobody knows this better than young people. But problems can arise when adults assume what those statements are. For example, a young man with a shaved head may be labeled and treated as a “skinhead” by some adults, when in fact he is merely asserting his individuality or copying the look of his favorite sports hero. Adolescence is a time of experimentation, of trying on different hats, and seeing which one fits. The clothes teens wear, the way they fix their hair, and other manifestations, such as tattoos and body piercings, are all forms of expression. We need to take the time to understand the motives behind our teens’ latest look before making assumptions based on stereotypes.

Closet Capers

Spend some time in your teen’s closet and pick out an ensemble or accessories you would actually wear. Ask your teen to do the same in your closet. Wear the outfits you selected on your next outing together. How did the clothes or accessories make you both feel? Do you share similar tastes? Would either of you like to borrow the items again?

I’m With Stupid

Remember when tie-dyed T-shirts with the peace sign were popular? T-shirts remain popular, but many of the messages have changed. Some of the messages are blatantly pro-drug. For example, marijuana plant logos can be seen on shirts and hats in almost any mall in America. What do the T-shirts in your house say? Browse in a T-shirt shop with your

teen. Share your favorites with each other. Pay attention to which ones your teen is interested in—you may learn what your teen feels strongly about.

Fashion Trivia

- Sixty-five percent of teens claim that they rely on themselves for their fashion ideas. But in reality, less than 20 percent of the teen population is innovative enough to drive fashion trends, surveys show. Those teens that do have a name in the business world: Edge kids.¹
- Fashion and accessory designers continue to take inspiration from Asian, Indian, and African cultures, e.g., embroidered and beaded clothing.

According to the 1999 American Express Retail Index:

- Seventy-three percent of parents feel their children are style-conscious.
- When asked to name their favorite brand of jeans, teens cited 22 different manufacturers, from Levi’s to JNCO to Paris Blues.
- For girls, the top five most popular clothing brands are:
 - Gap (35 percent)
 - Tommy Hilfiger (31 percent)
 - Old Navy (25 percent)
 - Calvin Klein (23 percent)
 - The Limited/Express (15 percent)
- For teenage boys, the top five brands are:
 - Tommy Hilfiger (33 percent)
 - Levi’s (21 percent)
 - Old Navy (21 percent)
 - Polo/Ralph Lauren (21 percent)
 - Gap (18 percent)

Fashion Through the Decades

1950’s

Be-bop style
Bouffants, crew cuts, or greased-back hair
Poodle skirts and saddle shoes
Cuffed jeans and plain white T-shirts
Girdles
Patent leather shoes

1960’s

Peaceful revolution style
Afros and long hair for men and women
Miniskirts and go-go boots
Bell bottom jeans and political T-shirts
Anything tie-dyed

1970’s

Disco style
“Feathered” hair (Farrah Fawcett)
Painter pants
Designer jeans and halter tops
Anything brown or sequined

1980’s

Punk and preppy styles
Big hair, Jheri curls, and mohawks
Leg warmers
Ripped, tight, or acid washed jeans
Anything that didn’t match

1990’s

Grunge and hip-hop style
Dread locs
Bare midriffs
Tattoos and body piercings
Baggy jeans
Anything expensive with a big logo

What does your teen think will mark the 00 decade?

Alcohol Awareness Month

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)
(212) 206-6770
www.ncadd.org

Alcohol is frequently used with marijuana to prolong the marijuana “high.” This combination is harmful and accounts for more than half of the marijuana-related hospital emergency room cases. The impairment to motor skills, perception, and memory caused by marijuana is increased when alcohol is added to the mix. The combination of alcohol and marijuana can also cause changes in heart rate and breathing.⁸

Cancer Control Month

American Cancer Society
1-800-ACS-2345
www.cancer.org

Current and past smokers of marijuana are at increased risk of developing cancer of the head and neck, including tumors of the mouth, throat, and larynx.⁹

National Public Health Week (Apr. 1-7)

American Public Health Association
(202) 777-APHA
www.apha.org

Marijuana use is a serious public health concern. Research has shown that marijuana use is associated with a variety of health risks, including lung cancer, short-term memory loss, and amotivational syndrome. Marijuana use also can contribute to risky behaviors, including unsafe sex that can lead to unplanned pregnancy and sexually transmitted diseases including HIV/AIDS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Kick Butts Day 3	4	5	6	7
Passover Palm Sunday 8	9	10	11	12	Good Friday 13	14
Easter Sunday 15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

2001

Media Literacy

What Is Media Literacy?

Media literacy is being able to analyze media messages, understand the intent of the messages, evaluate how the information in the message is used, and communicate in a variety of media. These skills are especially important to young people, who are constantly bombarded with media messages at the same time they are establishing their own identities and values. The need for group acceptance and peer approval is high during adolescence, and media images often influence teens' determination of what attitudes, behaviors, and actions are socially "normal" or desirable. Media literate individuals are better able to make informed choices and form opinions based on facts rather than "hype."

Tune In

The next time your teen is watching the tube, sit down and join him. What does he like about the program? Was there a similar television program popular when you were a teen? How are the two programs alike? How are they different?

Reel Life

Talk with your teen about whether people in real life look like the people on television or in the movies. What are the differences? How do the people she sees in movies and on television make her feel about herself? Does she want to look like the people she sees on TV? Does she want to live the lifestyle she sees represented? Is this realistic?

This Ad's for You

The next time you and your teen pass a billboard, see a television commercial, or

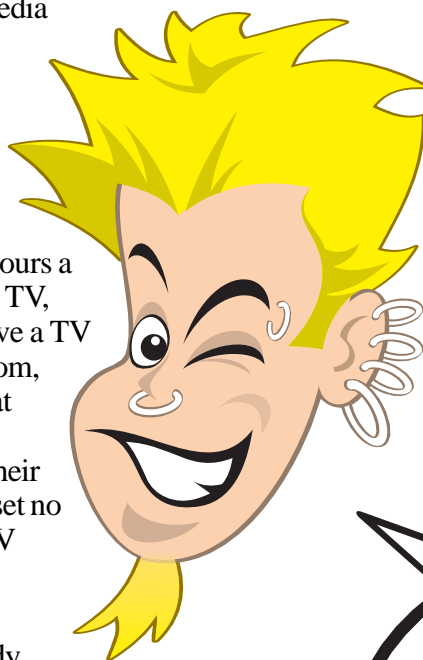
notice a print ad in a magazine or newspaper, ask him about the advertising message. What is the ad really selling? A product? A feeling? A lifestyle? What is the motive behind the ad? Does he believe everything the ad says? Can the product actually do what the ad promises or implies? What else may the product or service do that the ad doesn't mention? Is the ad misleading in any way? Who is the ad targeting? Why?

Media Trivia

- The typical American child (age 8 and older) spends an average of nearly 7 hours a day consuming media outside of school.²
- Among kids 8 and older, 24 percent spend more than 5 hours a day watching TV, two-thirds have a TV in their bedroom, and nearly that many (61 percent) say their parents have set no rules about TV watching.³
- In a 2000 television study, illicit drugs were mentioned in 21 percent of the episodes of top shows watched by teens. Alcohol was consumed in 65 percent of the episodes (the rate was 70 percent for the top shows watched by adults).⁴
- A 1999 study of top movie rentals found that 98 percent depicted alcohol, tobacco, illicit

drugs, or over-the-counter/prescription medicines. Illicit drug use was associated with wealth or luxury in 15 percent of the movies in which drugs appeared, with sexual activity in 6 percent, and with crime or violence in 30 percent.⁵

- Some of the most heavily advertised cigarette brands—Marlboro, Newport, and Camel—are also the most popular among current teen smokers.⁶
- Kids are two and a half times as likely as adults to have seen tobacco advertising in the past 2 weeks (75 percent of kids compared to 31 percent of adults).⁷
- Each year the alcohol industry spends more than a billion dollars on television, radio, print, and outdoor advertising.⁸
- A 1999 Gallup poll showed that teens are likely to perceive an influence by the media and Internet in terms of lifestyles. More than 6 in 10 say they have noticed changes in their friends, such as the way they talk, dress, or act because of something they saw or heard in the media or on the Internet.
- Seven in 10 teens admit that they watch too much TV.⁹



What Youth Say About Media:¹⁰

- Sixty-six percent say they think their peers are influenced by what they see on TV.
- Forty-one percent say they go to the movies at least once every couple of weeks.
- Sixty-two percent say that sex on TV shows and movies influences kids to have sex when they are too young.

**Asian/Pacific Islander
Heritage Month**
NCADI
1-800-729-6686
www.health.org/seasonal/asianpi/

National Asian Pacific American Families Against Substance Abuse, Inc. (NAPAFASA) has been successful in drawing attention to alcohol and other drug problems in the Asian/Pacific Islander American population. Their Web site is at www.napafasa.org.

**National Suicide Awareness
Week (May 6-12)**
American Association of
Suicidology
(202) 237-2280
www.suicidology.org

Teens who smoke marijuana are three times more likely to have thoughts about suicide.¹⁰

**National Alcohol and Other
Drug-Related Birth Defects
Week (May 13-19)**
NCADD
(212) 206-6770
www.ncadd.org

Some studies have found that babies born to mothers who used marijuana during pregnancy were smaller than those born to mothers who did not use the drug. In general, smaller babies are more likely to develop health problems.

**National Emergency Medical
Services Week (May 20-26)**
American College of Emergency
Physicians
1-800-798-1822
www.acep.org

Marijuana/hashish mentions in emergency room visits increased 16 percent from 34,402 in the first half of 1997 to 37,500 in the first half of 1998. The increase of visits among youth ages 12 to 17, was significantly higher, with one-fourth involving marijuana.¹¹

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
Mother's Day 13	14	15	16	17	18	Armed Forces Day 19
20	21	22	23	24	25	26
27	Memorial Day 28	29	30	31		

JUNE

2001

Tolerance

Being a teenager can be confusing and stressful. Ditto for being the parent or caregiver of a teen. The ability to respect and appreciate each other's point of view is critical to navigating through this challenging period. Your tolerance level is tested daily.

But where should you draw the line between encouraging your teen's growth and independence and laying down the law? Some experimentation, such as use of alcohol, tobacco, and illicit drugs, is dangerous and should not be tolerated. But other pursuits, such as trying a new sport, making new friends, changing a hair style, or studying a new language, are beneficial and necessary for growth.

I'm Not Heavy, I'm Your Parent

What does being tolerant mean to you? Ask your teen what tolerance means to her. Discuss whether it is possible for you and your teen to disagree with each other, yet still be tolerant. Share how you feel tolerance levels for certain issues have changed since you were a teen. How have they stayed the same? Ask your teen how tolerant she thinks today's society is about different issues. Make clear the difference between family "rules" and family "tolerance."

Tolerance Timeline

1956 Elvis Presley appears on *The Ed Sullivan Show* but is only shown from the waist up due to his suggestive dance moves.

1963 Martin Luther King, Jr. delivers his "I Have a Dream" speech to more than 250,000 people during the Civil Rights March in Washington, DC.

1964 Congress passes the Civil Rights Act, prohibiting discrimination based on race, color,

religion, sex (including pregnancy), and national origin.

1967 The movie *Guess Who's Coming to Dinner* stars Sidney Poitier and Katharine Houghton in a story of biracial marriage. The concept is still fairly shocking and the movie generates controversy.

1969 Known as the Stonewall Uprising, gays fight police harassment at New York City's Stonewall Inn, giving birth to the gay rights movement.

1971 Broadcast advertising for cigarettes is banned.

1973 The American Psychiatric Association rules that homosexuality is not a mental disorder.

1976 Based on the book by Jeanne Wakatsuki Houston, the television production *Farewell to Manzanar* dramatizes the story of some 100,000 Japanese Americans who were forced into internment camps during World War II following Japan's attack on Pearl Harbor.

1977 The Simon Wiesenthal Center is founded and establishes the Museum of Tolerance in Los Angeles.

1978 *Zoot Suit*, a play affirming Chicano identity, sets box-office records in Los Angeles.

1978 A new icon is born, as the rainbow flag is used in the San Francisco Gay and Lesbian Freedom Day Parade and adopted as a symbol by the gay community.

1987 Actress Marlee Matlin, who was rendered deaf in infancy by a bout of *roseola infantum*, receives the Best Actress Oscar for her performance in the movie *Children of a Lesser God*.

1988 A ban on smoking on domestic airline flights of 2 hours or less takes effect (in 1990 the ban is extended to flights of 6 hours or less).

1990 The Americans with Disabilities Act (ADA) is signed into law. The Act prohibits discrimination on the basis of disability in

employment, programs, and services provided by State and local governments; goods and services provided by private companies; and in commercial facilities. It also requires that State and local governments provide access to programs offered to the public.

1992 The first racially-based riots in years erupt in Los Angeles and other cities after a jury acquits L.A. police officers in the videotaped beating of Rodney King.

1997 Ellen DeGeneres "comes out" on her television show *Ellen*.

1998 A CNN/Time poll finds that 75 percent of Americans think violence against gay Americans is a serious problem across the country.

1999 A Gallup poll measuring public reaction to potentially offensive movie content finds that Americans are most offended by content containing racial stereotypes or graphic violence and are somewhat less offended by frequent profanity or gender stereotypes. They are least offended by nudity or sexual content.

1999 Very Special Arts celebrates its 25th anniversary with the publication of *The Journey to Here*, a book that recognizes the power and honors the impact the arts have had on the lives of 25 individuals with disabilities.

1999 *Will & Grace*, a sitcom about a successful Manhattan attorney and his interior designer best friend, is primetime's only program with lead gay characters and earns the Gay and Lesbian Alliance Against Defamation (GLAAD) Media Award for Outstanding Comedy Series.

2000 Approximately 80 percent of public schools have a zero-tolerance policy on alcohol and drugs, calling for mandatory expulsion for infractions.

Pride Festivals

The International Association of Lesbian, Gay, Bisexual, Transgendered Pride Coordinators
www.interpride.org

Lesbian, gay, bisexual, and transgender individuals may be at higher risk of developing problems with alcohol, tobacco, and illicit drugs due to factors such as stigma, denial, alienation, and discrimination.¹²

NCADI
1-800-729-6686
www.health.org/features/lgbt/index.htm

Teenagers don't come with instructions...

But *RETROspective—A Parent's Guide to Youth Culture* can help parents and other caring adults better understand today's teens. Call 1-800-729-6686 to order your free copy. Or log on to www.health.org/reality to order online.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	Flag Day	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

2001

Independence

Happy Independence Day!

Independence...it's a topic parents of teenagers know LOTS about. The teen years are about learning how to make your own decisions and choosing what kind of adult you're going to be. Getting a driver's license, landing your first summer job, preparing for college—it's all part of breaking away. Parents set limits and teens push the envelope in a process as old as time. While it's not always pretty, it's a necessary part of growing up.

Parents Make a Difference

Even though most teens are beginning to spread their wings, they still respect mom's and dad's opinions. According to a national survey conducted by the Partnership for a Drug-Free America, teenagers who learn about the risks of drug use from their parents are 36 percent less likely to smoke marijuana than teens whose

parents teach them nothing about drugs. In fact, when a teenager decides whether or not to use drugs, one of the most crucial considerations is, "What will my parents think?" Make your position clear when it comes to dangerous substances like alcohol, tobacco, and drugs.

Teens have often used music to separate themselves from their parents and define themselves as a generation. Do you know these songs celebrating teen independence? If you don't, maybe your teen does.

- | | |
|------|--|
| 1968 | <i>Born to be Wild</i> —Steppenwolf |
| 1971 | <i>Baba O'Riely (Teenage Wasteland)</i> —The Who |
| 1972 | <i>School's Out</i> —Alice Cooper |
| 1975 | <i>Born to Run</i> —Bruce Springsteen |
| 1980 | <i>Another Brick in the Wall</i> —Pink Floyd |
| 1983 | <i>Girls Just Want to Have Fun</i> —Cyndi Lauper |
| 1984 | <i>We're Not Gonna Take It</i> —Twisted Sister |
| 1986 | <i>Fight for Your Right</i> —The Beastie Boys |
| 1986 | <i>Papa Don't Preach</i> —Madonna |
| 1988 | <i>Parents (Just Don't Understand)</i> —DJ Jazzy Jeff and the Fresh Prince |
| 1989 | <i>Head Like a Hole</i> —Nine Inch Nails |
| 1991 | <i>Alive</i> —Pearl Jam |
| 1991 | <i>Smells Like Teen Spirit</i> —Nirvana |
| 1992 | <i>Teen Angst (What the World Needs Now)</i> —Cracker |
| 1995 | <i>Me Against the World</i> —Tupac Shakur |
| 1995 | <i>Gangsta's Paradise</i> —Coolio |
| 1996 | <i>Mother Mother</i> —Tracy Bonham |
| 1998 | <i>Wide Open Spaces</i> —Dixie Chicks |



National Parent's Day
(July 22)

Parenting Coalition International
(202) 530-0849
www.parentingcoalition.org

The vast majority of parents (98 percent) would be upset if they discovered their teens were using marijuana. However, less than half (40 percent) of parents advised teens not to use marijuana and just 1 in 5 emphasized that it's illegal during the most recent conversation about marijuana with their teens.¹⁴

Parenting Is Prevention

Center for Substance Abuse Prevention
(301) 443-2658
www.parentingisprevention.org

Two-thirds (65 percent) of teens consider "upsetting their parents" a risk of marijuana use.¹⁵

Most teens who don't use alcohol, tobacco, or illegal drugs credit their parents for their decision.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	Independence Day 4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
National Parent's Day 22	23	24	25	26	27	28
29	30	31				

August

2001

Back to School

Getting ready to go back to school is an exciting and challenging time for you and your teen, especially if he or she is making a transition from high school to college or from junior to senior high or enrolling in a new school. Because younger teens may now see older students using alcohol, tobacco, and illicit drugs, your teen may be tempted to try drugs, too. Drug use goes up dramatically in the first year of middle school or junior high. Make a discussion about alcohol, tobacco, and illicit drugs part of your family's annual back-to-school preparations.

Pep Rally

Share your memories of going back to school with your teen. What were your expectations, fears, and hopes? How did you handle them? Ask your teen what she is looking forward to this school year. What are her goals for the year? How can both of you help her reach those goals? How could using alcohol, tobacco, or illicit drugs impact those goals? Take interest in her progress. Encourage her and remind her of her goals throughout the year.

Alcohol to Tobacco—Drugs 101

The fact is that no matter where you live, chances are your teen will be exposed to alcohol, tobacco, and drugs in school, so you should be familiar with the drugs they may be offered. Here's a quick "cheat sheet" on the latest slang. Ask your teen what he knows about these drugs. Do he and his friends have different names for them? Does he know about the negative effects of these drugs?

Alcohol

Herb and Al (marijuana and alcohol), ocean (high alcohol content Aqua Net hairspray and milk).

It is illegal for anyone under 21 to buy or drink alcohol. Immediate effects include a feeling of warmth, flushed skin, impaired judgment, and decreased inhibitions. Increased consumption can result in slower reflexes, slurred speech, double vision, vomiting, sleepiness, coma, and death (alcohol poisoning). Drinking and driving is a deadly mix. In 1997, 21 percent of the young drivers involved in fatal crashes had been drinking.

Club Drugs

See the March 2001 section of this planner for more information on club drugs.

Cocaine/Crack Cocaine

Bernie, Bernice, candy cane, cat's pee, Carrie, coconut, chippy, flake, glad stuff, gold dust, homer, lady, merk, nose powder, Peruvian, press, scorpion, snow, weasel dust, zip.

Highly addictive. Effects include insomnia, paranoia, seizures, heart attack, increased body temperature, elevated blood pressure and heart rate, restlessness, irritability, hallucinations, anxiety, and death from overdose.

Heroin

Aries, black pearl, brown sugar, charley, chiva, dirt, dyno, golden girl, H, Hero, Judas, lemonade (poor quality), mojo, muzzle, noise, peg, Rambo, scat, skid, slime, smack, tootsie roll, red rum (potent form of heroin), white horse.

Highly addictive. Effects include vomiting; decreased sexual pleasure; constipation; respiratory depression or failure; increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected; coma and death from overdose.

Inhalants

Amy, bolt, boppers, hardware, nitrates, ozone, poppers, snappers, rush, whippets.

Effects include headache; muscle weakness and abdominal pain; nausea; nosebleeds; liver, lung, and kidney damage; decreases in heart and respiratory rates; coma and death.

Marijuana

Ace, blunt, chronic, fatty, ganja, gasper stick, herb, jay, KGB (killer green bud), mary jane, philly, pot, reefer, sen (for sinsemilla—a potent variety of marijuana), spliff, thai sticks (bundles of marijuana soaked in hashish oil) twist, weed, zambi.

Short-term effects include problems with memory and learning; distorted perception; difficulty in thinking and problem-solving; loss of coordination; increased heart rate, anxiety, and panic attacks. Long-term effects include respiratory problems and cancer.

Tobacco

Sherm or Sherman (cigarette laced with PCP), bidi (hand-rolled flavored cigarette), monos cigarette made with cocaine paste and tobacco).

It is illegal for anyone under 18 to buy tobacco products. Long-term effects include lung cancer and cancers of the larynx and oral cavity, esophagus, bladder and kidney, pancreas, stomach and uterine cervix. Cardiovascular problems, such as high blood pressure, heart disease, stroke, and circulatory deficiencies, are common in smokers, and lung diseases, such as emphysema and chronic bronchitis are 10 times more likely to occur in smokers than in nonsmokers. Smoking also causes premature wrinkles. Studies show that the younger a smoker becomes addicted, the tougher it is to quit. According to the American Lung Association, 60 percent of smokers begin by age 14 and 90 percent by age 19, and most of them think they never will get hooked on nicotine.

America Goes Back to School

www.ed.gov/Family/agbts

A study of college students has shown that critical skills related to attention, learning, and memory are impaired among people who use marijuana heavily, even after discontinuing its use for at least 24 hours.

National Physically Challenged Month

www.ability.org

Under the Americans With Disabilities Act of 1990, persons with disabilities are promised equal access to all community facilities. This includes access to treatment for substance abuse. Yet, people with physical and cognitive disabilities are more likely to have a substance use disorder and less likely to get effective treatment for their substance abuse than those without such a coexisting disability.

National Night Out (Aug. 7)

National Association of Town Watch
1-800-NITE-OUT
www.natw.org

Longitudinal research on marijuana use among young people below college age indicates those who used marijuana have lower achievement than nonusers, more acceptance of deviant behavior, more delinquent behavior and aggression, greater rebelliousness, poorer relationships with parents, and more associations with delinquent and drug-using friends.¹⁶

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	National Night Out	7	8	9	10
						11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

2001

Music

Let the Music Play...

Music is a powerful and dominant force in youth culture. Many of the youth icons of yesterday and today came from the music world. Mention their names, and you evoke a time period, an attitude, and a way of life. Billie Holiday. Elvis. The Beatles. Jimi Hendrix. Bruce Springsteen. Michael Jackson. Madonna. Tupac Shakur. So, if artists or songs promote violence, substance use, or other negative behavior, they may make that behavior more socially acceptable to the young people who look up to them. It is important for parents to be aware of the messages in the music their teens listen to and to be able to talk about it with their teens.

Turn the Beat Around

The next time you and your teen are in the car together or relaxing at home, take turns listening to each other's favorite radio station. Do you know the lyrics to the songs? What are they talking about in the songs? Had you ever really thought about the words before? Be willing to listen to criticisms of your music if you are telling your teen what you think of hers. Discuss differences of opinion. You may find that you have some musical tastes in common.

Tell Me Something Good

Music can inspire, educate, and stimulate the mind. While adults should be aware of the negative messages contained in some popular music, they should also be able to acknowledge its positive elements. Many of today's hottest artists address teen issues in positive ways, denouncing substance abuse and unsafe sex. Think about your favorite

songs. What positive messages do they contain? Ask your teen about his favorite music and songs. What positive messages does he get from them?

Music Trivia

- Young people spend an average of almost an hour and a half a day listening to CDs, tapes, or the radio.¹¹
- An analysis of popular music found that drugs were mentioned in 63 percent of rap songs versus about 10 percent of the lyrics in other categories such as country, rock, and pop. In song lyrics that mentioned illicit drugs, marijuana was by far the most frequent of the illicit drugs mentioned (63 percent).¹²
- The 1990's saw a "Latin Explosion" with the rise in popularity of musical artists such as the late singer Selena, Marc Anthony, Jennifer Lopez, the late rapper Big Pun (the first Latino hip-hop artist to go platinum), and Ricky Martin.
- The U.S. market for recorded music climbed to \$14.6 billion in 1999 according to the Recording Industry Association of America.
- Rock is the top music genre by far in the United States. In 1997, rock represented 32.5 percent of all music products sold. Country music followed with a market share of 14.4 percent, then R&B (11.2 percent), rap (10.1 percent), pop (9.4 percent), and gospel (4.5 percent). Classical and jazz each enjoyed a market share of 2.8 percent.¹³
- Younger consumers tend to be the most active buyers of music products. In 1997, 25.7 percent of all recorded music was purchased by buyers younger than 20 years old.¹⁴

- There is a general perception among older consumers that today's music does not measure up to that of their youth.¹⁵
- According to a SoundScan study, an estimated two-thirds of rap sales are to whites.
- Widely considered the originator of "gangsta rap," Dr. Dre's multi-platinum-selling debut solo album was titled *Chronic*—a West Coast slang for very potent marijuana. His album *Dr. Dre 2001* features a marijuana leaf on the cover jacket.

Music quiz

- 1 Who was "wasting away again in Margaritaville"?
- 2 Who had to "fight for their right to party"?
- 3 What was "Mother's Little Helper" according to the Rolling Stones?
- 4 Who was a "midnight toker"?
- 5 Who wanted a "new drug"?
- 6 According to Bob Dylan, everybody must get what?
- 7 Who warned young people not to "do it" (use heroin)?

Answers

- 1 Jimmy Buffet
- 2 Beastie Boys
- 3 Valium
- 4 Steve Miller Band
- 5 Huey Lewis and the News
- 6 Stoned
- 7 The Cranberries in *Salvation*

National Hispanic Heritage Month (Sept. 15 to Oct. 15)

NCADI
1-800-729-6686
www.health.org/initiatives/hisplatino/

In the past, Hispanic/Latino youth have traditionally been less involved in substance use than white, middle class youth. However, recent increases in marijuana use have closed the gap, with more than 14 percent of Hispanic youths ages 12 to 17 reporting marijuana use in the past year.¹⁷

National Alcohol and Drug Addiction Month

Center for Substance Abuse Treatment
(301) 443-5052
www.samhsa.gov/csat

A drug is addicting if it causes compulsive, often uncontrollable drug craving, seeking, and use, even in the face of negative health and social consequences. Marijuana meets this criterion. More than 120,000 people enter treatment per year for their primary marijuana addiction. In addition, animal studies suggest marijuana causes physical dependence, and some people report withdrawal symptoms.¹⁸

Family Health and Fitness Days USA (Oct. 29-30)

Health Information Resource Center
1-800-828-8225
www.fitnessday.com/family

Marijuana affects fitness. Muscles need oxygen to work, and they can't work as well if the lungs can't deliver. And the lungs can't deliver as well if they've been abused by marijuana or tobacco smoke.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Labor Day	3	4	5	6	7
8						
9	10	11	12	13	14	15
16	Rosh Hashanah begins at sundown	17	Rosh Hashanah	18	19	20
21						
22						
23	24	25	Yom Kippur begins at sundown	26	Yom Kippur	27
28						
29						
30						

October

2001

Dating

Playing the Dating Game

Remember when teen dating meant TV's *Happy Days* couple Joanie and Charchie sharing a malt down at Arnold's? Now Eric and Donna have sealed their relationship in the backseat of Eric's Vista Cruiser on *That 70's Show*. And that's not all that has changed. Today's teens can arrange dates via e-mail and meet people through Internet chat rooms. Yikes! Dating is an important issue during the teen years. It's equally important for parents to know what's going on.

Teen Dating in the New Millennium

According to a poll of 1,000 teenagers conducted by the Kaiser Family Foundation and *YM Magazine*, dating is a part of life for most teens ages 13 to 18.

- Nine in 10 teens ages 13 to 18 (89 percent) say they have had some romantic involvement with a member of the opposite sex.
- Dating starts early—teens ages 13 to 14 are almost as likely to have had a boyfriend or girlfriend (82 percent) as older teens (93 percent).
- Most teens ages 13 to 14 say it's typical for couples their age to kiss (72 percent say this usually happens), but that other forms of physical intimacy are not the norm.
- Most teens ages 15 and 16 say dating couples their age typically kiss (93 percent) and French kiss (71 percent), and just under half (48 percent) say they also engage in

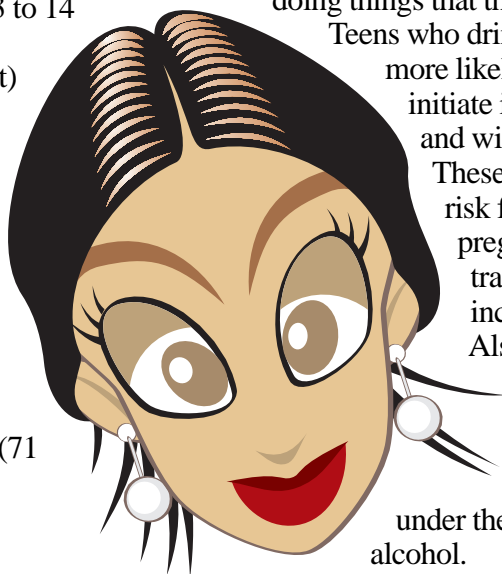
petting. Only 28 percent say sexual intercourse is typical for dating couples their age.

- More than half of teens ages 17 and 18 say it's typical for teen couples to engage in petting (57 percent) and about half (52 percent) say couples typically have intercourse. Still, just a bare majority of 17- and 18-year-olds say this type of intense physical intimacy is common.
- Three-quarters of teens (74 percent) say it is considered a "good thing to make a conscious decision not to have sex until some later time," and 76 percent say someone they know has made such a choice.

Drugs and Dating Shouldn't Mix

When you talk with your teen about dating and having relationships with the opposite sex, make sure you include drugs and sex in your discussion. Some teens who are shy in social situations and nervous around the opposite sex may turn to alcohol or an illicit drug like marijuana to loosen up. They may end up doing things that they later regret.

Teens who drink or use drugs are more likely to have sex and initiate it at younger ages and with multiple partners. These teens are at higher risk for unplanned pregnancies and sexually transmitted diseases including HIV/AIDS.¹⁶ Also, most instances of date rape, or acquaintance rape, occur when one or both parties are under the influence of alcohol.



Take a Teen to Dinner

Make frequent dates with the teen in your life. See a movie, go to dinner, or just grab a soda and talk. On your first date, you could talk about dating. Share your dating experiences (if your teen has dated). If your teen has not dated, ask what she thinks about dating. How old were you when you went on your first date? Where did you go? Did you have a curfew? How did your parents handle your dating? What terms did you use for dating? Did people "go together," "go steady," or "go out"? What terms do your teen and his friends use? How has dating changed?

Ask your teen about common dating practices today. Do people mostly go out on group dates or one-on-one? Where are the most popular places to go? The mall? The movies? A restaurant? A party at someone's house? Would he date someone who uses drugs? Why or why not?

Make your family rules about the use of alcohol, drugs, and sexual activity very clear. Explain the family values that are the basis for these rules.

October Is Domestic Violence Awareness Month

Did you know that dating violence is a real danger for teenagers? According to a 1995 Children Now/Kaiser Permanente poll, 40 percent of teenage girls ages 14 to 17 report knowing someone their age who has been hit or beaten by a boyfriend. Talk to your teens about violence in relationships. Make sure they know they can say "no" to anything that makes them uncomfortable. Tell them that they can call you if they ever need to leave a date.

Healthy Lung Month

American Lung Association
1-800-LUNG-USA
www.lungusa.org

Smoking marijuana can cause pre-cancerous changes in lung tissue similar to that seen in cigarette smokers.¹⁹

Smoking marijuana increases the risk of developing bacterial pneumonia and other infections of the lungs.²⁰

National Red Ribbon Celebration (Oct. 22-30)

National Family Partnership
1-800-705-8997
www.nfp.org

Marijuana users are a diverse group, and the drug is highly popular in a variety of social settings. Many types of marijuana, both foreign and domestic, can be purchased and many users combine marijuana with other drugs such as alcohol, cocaine, or methamphetamine.²¹

National Crime Prevention Month

National Crime Prevention Council
1-800-WEPREVENT
www.ncpc.org

Law enforcement officials report street sales of marijuana are primarily in 1 gram bags costing \$5 to \$10 for ordinary varieties of marijuana, but more exotic varieties (e.g., sinsemilla, Thai, Middle Eastern, Jamaican) can cost up to \$500 an ounce.²²

The National Institute of Justice's Arrestee and Drug Abuse Monitoring System (ADAM) drug testing program found that over 60 percent of adult male arrestees for serious crimes tested positive for drugs in 20 of 23 cities in 1997. For young adult males, 66 percent tested positive for marijuana use in 1996.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	Columbus Day 8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Halloween 31			

November

2001

Drugs Through the Decades

The drug culture is constantly evolving, including the introduction of new drugs, new combinations of drugs, and new strains of drugs. Here's a snapshot of drug use and culture over the past four decades.

The 1960's

Frequently called the "decade of change," the 1960's brought profound social and political changes to American culture. The drugs that probably had the greatest impact on the decade are marijuana and LSD.

Marijuana is a weed native to all continents but Antarctica and can be easily homegrown, so it quickly became widely available and was relatively inexpensive. The dangers of smoking marijuana are more serious today than they were in the 1960's, since the potency of marijuana has increased more than 275 percent over the last decade. Today, marijuana is often laced with crack cocaine or other drugs.

During the second half of the 1960's, LSD became the primary drug of the psychedelic sub-culture. Timothy Leary, a professor of philosophy at Harvard who received significant media attention as the one of the country's foremost proponents of LSD use, became a self-styled prophet to the psychedelic generation with his now-famous slogan, "turned on, tuned in, and dropped out."

The 1970's

The first half of the 1970's witnessed our country's ongoing involvement in an increasingly unpopular war (Vietnam) and

political scandal (Watergate). The second half of the decade saw a stagnant economy and a new kind of escape with the rise of discos. In the decade's final year, the country had the highest number of illicit drug users ever—25 million. Two of the drugs that had the greatest impact on the decade are heroin and inhalants.

By the end of 1970, an estimated 30,000 American soldiers in Vietnam were addicted to heroin and approximately two soldiers a day were dying from overdoses. This highly addictive drug was increasingly being used stateside as well. The staggering number of deaths due to heroin overdose was an effective deterrent to new users. By 1975, the number of first time heroin users significantly declined.

Use of common household items such as glue, nail polish remover, and aerosol spray as inhalants had been occurring for several years. But, as the beat of disco spread across the country in the 1970's, the use of other types of inhalants became more widespread. Amyl nitrate and butyl nitrate, commonly called "poppers," produce a high that lasts from a few seconds to several minutes. Many disco patrons would use poppers on the dance floor and other places despite such effects as dizziness, headache, increased heart rate, and decreased blood pressure.

The 1980's

As the 1980's dawned, there was a significant cultural shift regarding the perception of drugs as the human suffering caused by drug use became clearer. The 1980's saw this cultural shift take root with the development of national awareness and prevention organizations, such as Mothers Against Drunk Driving (MADD). Still, despite increased awareness and decreased use rates, the 1980's

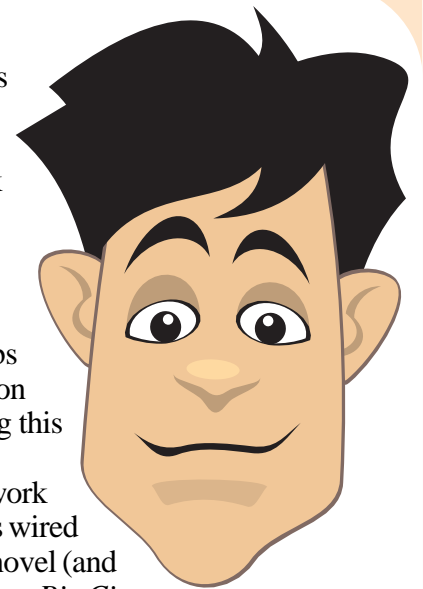
had its own drug problems. Perhaps no drug effected the decade more than cocaine/crack cocaine.

The go-go 1980's started with heavy cocaine use at clubs and parties, but soon users were snorting this expensive, highly addictive drug at work to keep themselves wired as depicted in the novel (and movie) *Bright Lights, Big City*.

During the second half of the decade, cocaine became cheaper, more available, and more addictive in the form of "crack." This new affordability made crack available to more segments of the population, especially those in the inner cities. Crack changed the drug scene and the drug dealers, devastating neighborhoods, particularly in the inner cities, with increased violence over drug-related issues such as territory and streams of supply.

The 1990's

The hallmark of the 1990's was low unemployment and a bull market economy. Those factors helped provide youth with more disposable income than anytime in our country's history. Unfortunately, some of that disposable income went toward the purchase of drugs. All-night dance parties called "raves" began to spring up in nearly every city and region. The illicit drugs most commonly consumed at raves became known as "club drugs." For more information about club drugs, see the March 2002 section in this planner.



Native American Heritage Month

NCADI
1-800-729-6686
www.health.org/seasonal/natamer

The WHEEL Council is a national leader in storytelling for prevention and healing as well as accelerated, multicultural learning. Its mission is to merge traditional cultural practices with the best information from scientific research to maximize learning, health, and potential for all people. Resources are available at their Web site, www.wheelcouncil.org.

It is estimated that about half (41 to 62 percent) of American Indian youth have tried marijuana, compared with less than half (28 to 50 percent) of other youth, although there is wide intertribal variation.²³

Great American Smokeout (Nov. 15)

American Cancer Society
1-800-ACS-2345
www.cancer.org

Marijuana users experience the same health problems as tobacco smokers, such as bronchitis, emphysema, and bronchial asthma.²⁴

Top Ten Reasons To Quit Smoking Marijuana

- 1 You'll live longer.
- 2 Your lungs will feel better.
- 3 You'll be able to remember more.
- 4 You'll save money.
- 5 Your family and friends will stop nagging you to quit.
- 6 You'll smell better.
- 7 You'll look younger (smoking causes wrinkles).
- 8 You won't have to worry about getting arrested.
- 9 You'll drive better and safer.
- 10 You'll have more energy.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	Election Day6	7	8	9	10
Veteran's Day11	12	13	14	Great American Smokeout15	16	17
18	19	20	21	Thanksgiving Day22	23	24
25	26	27	28	29	30	

December

2001

Cars

“When can I get my license?” Six little words have seldom struck more fear into the hearts of adults. And for good reason. Motor vehicle crashes are the leading cause of death for American teenagers. Young people are especially vulnerable to the threat of alcohol- and illicit drug-impaired drivers. In a national survey, nearly half of 10th graders and one-third of 8th graders reported having ridden during the past month with a driver who had used alcohol or drugs before taking the wheel.

Despite this danger, getting a driver’s license remains an important rite of passage for many American teens, who have more cars or access to cars than teens in any other country. And from souped-up Chevys to the new VW Beetle, automobiles have driven their way into the heart of youth culture.

Get in Gear

Before you hand your teen the keys to the family car, make sure she knows what is expected of her. Make it clear in no uncertain terms that it is illegal for anyone under 21 to drink alcohol, and that you do not want her to ride in a car with a driver who has been drinking or using drugs.

That New Car Smell

Take your teen car shopping (or just point out the nicest cars in the mall parking lot). You don’t have to be in the market for a new car—just in the mood to spend some quality time with your teen. Let him know it’s just for fun, and that you’re interested in seeing what he considers his “dream car.” Talk about what it would take for him to be able to buy the car of his dreams. What other goals does he have for

his future? What will help him achieve those goals? What obstacles might he encounter? Share memories of your first car.

Close to Home

Sadly, no matter where you live, during the year there will probably be a local news story about a car crash involving young people and alcohol or drugs. Discuss the news with your teen—use it as vivid reminder of how impaired driving devastates lives.

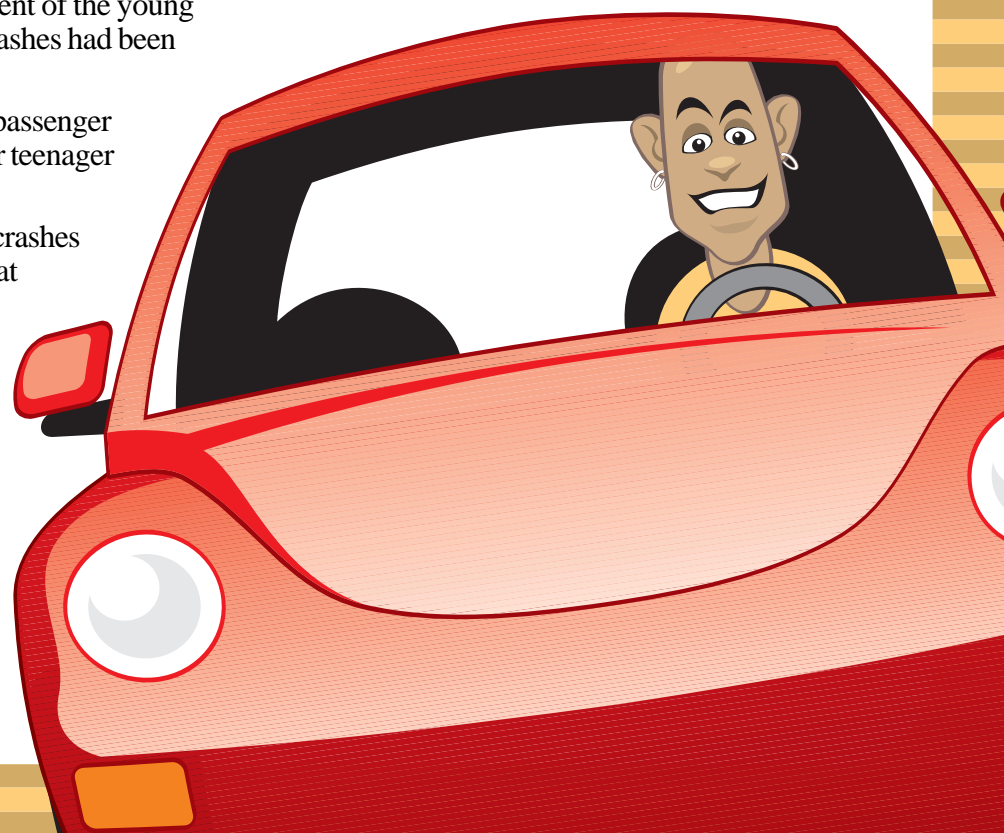
According to the National Highway Traffic Safety Administration:

- While not all young drivers are unsafe, about 15 percent of them have a crash in their first year of driving. Teenage drivers by far have the highest fatal crash involvement rate of any age group.
- In 1997, 5,477 young people (passengers and drivers ages 15 to 20) died in motor vehicle crashes. Twenty-one percent of the young drivers involved in fatal crashes had been drinking.
- Sixty-five percent of teen passenger deaths occur when another teenager is driving.
- Forty-one percent of fatal crashes involving teenagers occur at nighttime (between 9:00 p.m. and 6:00 a.m.).
- One-quarter of fatally injured teen drivers (16- to 20-years-old) in 1995 had a blood alcohol concentration at or above .10 percent, even though all were under the minimum legal drinking

age and were not legally permitted to purchase alcohol.

According to a SAMHSA Study:¹⁷

- Within a single year, 28 percent of all drivers in the United States have used either drugs, alcohol, or both within 2 hours before getting behind the wheel.
- Marijuana was the illicit drug used most often by drivers who drove after drug use (used by 70 percent of those who drove after drug use).
- Driving after alcohol use was more common among males (31 percent) than females (14 percent).
- Driving after drug use was more common among drivers who were young (13 percent for those ages 16 to 20 vs. 5 percent for those age 21 and older).



National Drunk and Drugged Driving Prevention Month
3D Prevention Month Coalition
(202) 452-6004
www.3dmonth.org

Marijuana, even in low to moderate doses, negatively affects driving performance. In one study, test subjects who used low amounts of marijuana experienced diminished ability to perceive and/or respond to changes on the road, and to adjust their vehicles' speed accordingly. In that same study, the effect of combining moderate doses of alcohol and moderate doses of marijuana severely decreased performance and dramatically increased levels of impairment.²⁵

World AIDS Day (Dec. 1)
American Association for World Health
(202) 466-5883
www.aawhworldhealth.org

Some AIDS patients and their advocates consider marijuana a medicine that relieves nausea caused by multiple drug therapies and stimulates appetite for those in the late stages of AIDS. But it is important to remember that marijuana is not a single drug. Like most plants, marijuana is a variable and complex mixture of biologically active compounds. The National Academy of Sciences-Institute of Medicine report, *Marijuana and Medicine*, concluded that "although marijuana smoke delivers THC and other cannabinoids to the body, it also delivers harmful substances, including most of those found in tobacco smoke."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						World AIDS Day 1
2	3	4	5	6	7	8
Hanukkah begins at sundown 9	Hanukkah 10	11	12	13	14	15
16	17	18	19	20	21	22
23	Christmas Eve 24	Christmas Day 25	Kwanzaa 26	27	28	29
30	31					

January

2002

Technology

Admit it—you still don't know how to program your VCR. Your teen, on the other hand, is the master of all things computer-related, regularly conversing with friends via the Internet, using strange terms like lol (laugh out loud), btw (by the way), and gtg (got to go). There's been a dramatic shift in the balance of knowledge between parent and child when it comes to technology, and this has made many adults a little wary. Internet predators lurk in teen chat rooms, once private information is available for the world to see, and x-rated Web sites pop up in search engines. Youth can access sites that promote alcohol, tobacco, and illegal drug use as well as sites that sell drug paraphernalia. But there are also sites that can help teens with their homework and connect parents to resources to help them raise drug-free youth. No matter what it is used for, one thing is sure, the Internet and digital media have a major influence on the youth culture of today.

Start Your Own Chat Room

No high-tech equipment needed here. Start a chat room in your kitchen, rec-room, or family room. Talk with your teen about how she uses computers. What does she like most about it? Ask her to show you her favorite sites. Show her yours. If you are unfamiliar with the Internet, ask your teen to help you learn more about it. If you don't have Internet access at home, check out your public library or community centers.

Nothing But Net

While 75 percent of parents say they know where their children spend time online, a recent survey found that:¹⁸

- Fifty-eight percent of teens have accessed an objectionable Web site.
- Thirty-nine percent have seen sites featuring offensive music.
- Twenty-five percent have seen sites featuring sexual content.
- Twenty percent have seen sites featuring violence.
- Teens spend more than 1 hour online per day—more than 10 hours per week.
- In general, teens use most of their time visiting Web sites about music, TV, and sports.

What Is an MP3?

Chances are your teen uses this technology on a regular basis. MP3 is a computer file format that compresses audio files to about a tenth of what was previously required for CD-quality recordings. MP3 has made the transfer of CD-quality music over the Internet feasible and is revolutionizing the way music is distributed. Ask your teen to show you her favorite MP3 site. Maybe your favorite artist has MP3 files on the Web!

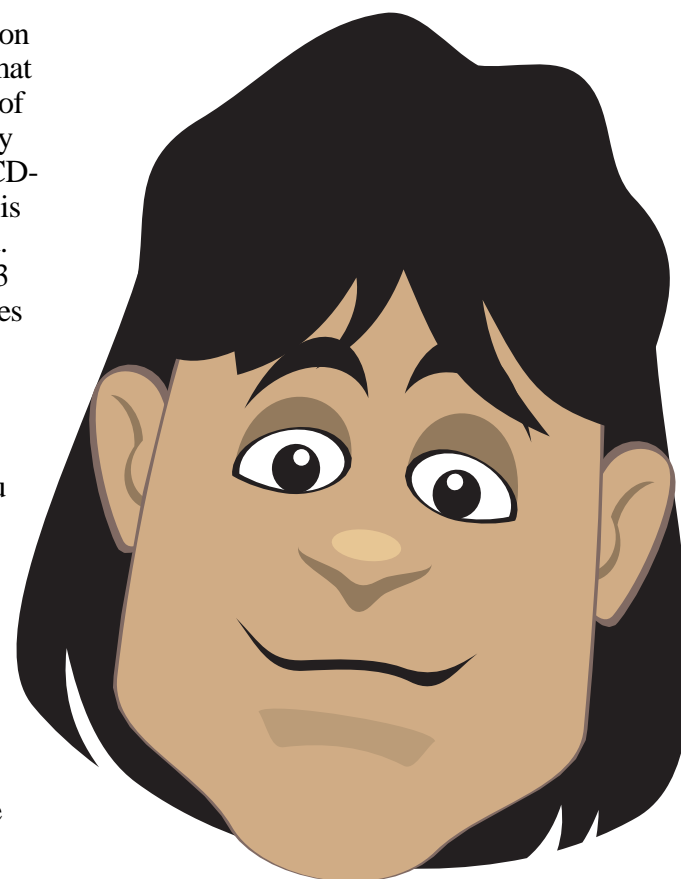
Safe Surfing

Want to ride the high-tech wave without wiping out? Here are some tips on how you and your teen can surf safely and wisely:

- Place the computer in a family living area, not in your teenager's bedroom. Using the computer in a public area helps reduce the likelihood that your teen will explore inappropriate sites.
- Do not allow access to unsupervised chat rooms. Anyone can log onto a chat room posing as a teenager. These impostors are masters at soliciting and finding personal

information including e-mail addresses, phone numbers, and addresses.

- Use search engines that filter out inappropriate Web sites.
- Periodically check the files that have been downloaded by your computer's Internet browser. Let your teen know in advance that you are going to do this.
- Order the U.S. Department of Education's *Parents Guide to the Internet* by calling 1-800 USA-LEARN.
- Tell your teens to log on to **www.ForReal.org** for teen-friendly prevention information that can help them in their daily lives.



National Birth Defects Prevention Month

March of Dimes
1-888-MODIMES
www.modimes.org

Nearly 2 out of every 100 pregnant women are current users (within the past month) of marijuana.²⁶

A nursing mother who uses marijuana passes some of the THC to the baby in her breast milk. Research indicates that the use of marijuana by a mother during the first month of breast-feeding can impair the infant’s motor development (control of muscle movement).²⁷

National Eye Care Month

American Academy of Ophthalmology
(415) 561-8500
www.eyenet.org

In addition to bloodshot eyes, the short-term effects of marijuana use include loss of coordination; distorted perception; difficulty in thinking and problem-solving; problems with memory and learning; and increased heart rate, anxiety, and panic attacks.²⁸

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<i>New Year's Day</i> 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	<i>Martin Luther King Jr. Day</i> 21	22	23	24	25	26
27	28	29	30	31		

February

2002

Sports

His Airness. Magic. Flo Jo. The Fridge. Sports celebrities are the heroes of our day, and many of the admired are known simply by their nicknames. Professional athletes are major players in popular culture, appearing in ads, gracing magazine covers, starring in feature films, appearing on television, and raking in the big bucks. They have a lot of influence over youth attitudes, including attitudes toward alcohol, tobacco, and illicit drugs. And it isn't just the pros who serve as role models. Studies show that young people look up to and emulate high-profile athletes at all levels, from the high school basketball hero to the professional soccer star. When athletes use drugs and are simultaneously rewarded for their athleticism, youth get the impression that drugs are not dangerous to physical well-being, dreams, and aspirations. Nothing could be further from the truth.

Know the Score

Does your teen participate in sports? Ask him if he knows anyone who uses steroids or other performance-enhancing drugs. One in four young athletes personally knows someone who is "doping" (using a performance-enhancing drug), yet, less than half know even one side effect, which can include heart disease, sterility, liver damage, stroke, blood clots, psychiatric disorders, and death.¹⁹ How does your teen feel about athletes using these kinds of drugs? Is it fair? Is it smart?

Get In the Game

Sports give young people the opportunity to get involved and be part of a team, to build self-esteem and character and to set and achieve goals. Students who participate in team sports are less likely to smoke cigarettes or use illegal drugs than those who do not play on any sports team.²⁰ Share an interest in your

teen's sport of choice. Be a fan. Attend games and practices, if appropriate. Help your teen build skills and confidence by playing and practicing with her.

Pick a Winner

Ask your teen who his favorite sports celebrity is. What makes that particular sports figure stand out in your teen's eyes? What does your teen think that person's stand is on alcohol, tobacco, and illegal drugs? Who did you admire in the sports world when you were a teenager? What qualities set that person apart from the rest? Do you and your teen admire the same qualities in the athletes you look up to?

Sports Trivia

- Spit tobacco and snuff are highly addictive and can lead to oral cancer, mouth lesions, and gum disease.²¹ Teenagers face the highest risk of beginning use. Almost 98 percent of the athletes who use spit tobacco start by the age of 20.²²
- About 2.8 percent of National Basketball Association (NBA) players tested positive for marijuana use during the first testing for the drug conducted by the league in 1999. Players knew in advance when they would be tested.
- Salaries of professional athletes:
 - Average NBA player made \$2.2 million in 1996-97.
 - Average Major League Baseball player made \$1.3 million in 1997.
 - Average National Hockey League player made \$1.2 million in 1997-98.
 - Average National Football League player made nearly \$800,000 in 1997 (quarterbacks averaged \$1.3 million).



Black History Month

NCADI
1-800-729-6686
www.health.org/seasonal/blackhistory/

In the past year, African Americans (ages 12 and older) ranked third, at 10.6 percent, among the 11 racial/ethnic subgroups in exhibiting prevalence of marijuana use.²⁹

African Americans who use alcohol and illicit drugs experience higher rates of drug-related health problems than users from other ethnic groups.³⁰

American Heart Month

American Heart Association
1-800-AHA-USA1
www.americanheart.org

Marijuana negatively impacts heart health by increasing heart rate, dilating blood vessels, increasing blood pressure, and decreasing the amount of oxygen that the blood vessels can carry to the heart muscle.³¹

National Girls and Women in Sports Day (Feb. 4)

(516) 542-4700
Women's Sports Foundation
www.womenssportsfoundation.org

Marijuana makes some people feel lazy or sleepy, sapping the motivation needed to exercise!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	<i>National Girls and Women in Sports Day</i> 4	5	6	7	8	9
10	11	<i>Chinese New Year</i> 12	<i>Ash Wednesday</i> 13	<i>Valentine's Day</i> 14	15	16
17	<i>President's Day</i> 18	19	20	21	22	23
24	25	26	27	28		

March

2002

Spring Break

Spring is in the air, and for many young people that means a week off from school. Once the domain of college students, more and more high school students are showing up in popular spring break destinations like Mexico or the Bahamas. Movies, television specials, and even news reports have associated spring break with the beach, excessive drinking, promiscuity, and wild parties. There are even spring break Internet sites that advise youth of the best places to go based on the availability of alcohol. How is your teen planning to spend spring break?

Know Your Alternatives

There are many programs that help youth make 7 days last a lifetime. "Alternative" spring breaks give youth the opportunity to volunteer in underprivileged communities throughout the United States and abroad. Students visit, work, and learn with community members. The communities benefit from the students' hard work and energy, and students gain a better understanding of social issues and the importance of community service and experience individual growth. Projects may range from building a new playground to helping a community recover from a natural disaster.

Tag Along

Get in on the fun. More and more high schools and parent groups are organizing chaperoned spring break trips. Find out what's available at

your teen's school. If none are available, maybe you can help organize a chaperone-friendly spring break program. Ask your teen what he thinks of the idea. If he likes it, involve him in the planning and promotion. What guidelines should be followed to make sure everyone has a fun, safe, and memorable experience?

Don't Let Them Leave Home Without It

If your teen is going away for spring break, make sure she leaves with a clear understanding that you do not want her using alcohol, drugs, or engaging in behavior you would not allow at home. Too often, spring break revelers get caught up in the notion that "anything goes" while they are in a new place and can be relatively anonymous. Alcohol can impair people's judgement, causing them to do things that they later regret. Stress to your teen that you expect her to act in a responsible manner.

Did you know...

- George Hamilton and Connie Francis pointed hordes of college students toward Ft. Lauderdale, Florida, for spring break fun in the 1960 movie *Where the Boys Are*. Now the hottest spring break destinations include Cancun, Mazatlan, and Jamaica.

- The average male reported drinking 18 drinks per day and the average female reported drinking 10 drinks per day during spring break in a study published in the May 1998 *Journal of American College Health*.
- Of the 442 women and 341 men that were surveyed, more than half of all men and more than 40 percent of all women drank until they became sick or passed out at least once during spring break.



Youth Art Month

National Art Education Association
(703) 860-8000
www.naea-reston.org

Arts as Prevention
Center for Substance Abuse
Prevention
www.health.org/artprevent

Participation in the arts help youth establish caring relationships with supportive adults; gain cognitive competence by developing critical thinking skills such as analysis and problem solving; enhance social skills through participation in creative groups; help with goal setting by rewarding long-term planning, practice, diligence, and thinking ahead—the skills needed by young people to resist peer pressure to use drugs.

National Women's History Month

National Women's History Project
(707) 838-6000
www.nwhp.org

Young women who use marijuana regularly report that they are unable to maintain satisfactory grades and performance levels.³²

Brain Awareness Week (Mar. 10-16)

Dana Alliance for Brain Initiatives
(212) 223-4040
www.dana.org

Long-term use of marijuana produces changes in the brain that are similar to those seen after long-term use of other major drugs of abuse such as cocaine, heroin, and alcohol.³³

National Inhalants & Poisons Awareness Week (Mar. 16-22)

National Inhalant Prevention Council
1-800-269-4237
www.inhalants.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

St. Patrick's Day

Palm Sunday

Easter Sunday

Passover

Good Friday

April

2002

Alcohol

From prohibition, moonshine running, and multimillion dollar alcohol advertising campaigns, to the formation of groups like Mothers Against Drunk Driving (MADD), alcohol has always had a formidable presence in American culture. Some argue that for many American youth, this presence makes the initiation to alcohol use an inevitable part of adolescence.

Sobering Statistics

Alcohol is the primary drug of abuse for youth. Research shows that about 10 million Americans between ages 12 to 20 years had at least one drink last month. These numbers fuel alcohol's association with the leading causes of death and injuries among teenagers and young adults. For example, alcohol-related traffic accidents are the second leading cause of teen deaths. During a typical weekend, an average of one teenager dies each hour in a car crash. Nearly 50 percent of these crashes involve alcohol. Moreover, alcohol use is also often linked with teen deaths by drowning, fires, suicide, and homicide.

The Good News Is...

As a parent, you have tremendous influence over your teen's decision whether or not to drink alcohol. Studies show that parental attitudes and practices related to alcohol are the strongest social influence on children's use of alcohol and other drugs. That's why it is important not to send mixed messages.

According to a 1998 survey by the Hazelden Foundation, 92 percent of parents said they would not allow their teens to drink on prom night. However, 32.9 percent said they would allow their children to stay out on prom night

even though they knew alcohol would be present. And while 60 percent of parents tell their children not to drink, most parents encourage their children to call home for a ride if they do become intoxicated. When parents "bargain" with youth—i.e., allow them to drink as long as they promise not to drive—the more likely they are to drive after drinking or to be in a car with someone drinking. A more effective message from parents would be, "I do not want you to use alcohol. It is illegal, it is unhealthy, and it is unsafe for you to use alcohol before you are 21."

The Bad News Is...

Each year, a typical young person in the United States is inundated with more than 1,000 commercials for beer and wine coolers and several thousand fictional drinking incidents on television.²³

Alcohol ads also appear on the World Wide Web. In a 1998 survey by the Center for Media Education (CME),²⁴ 82 percent of the 28 beer sites examined made some appeal to youth. Similarly, out of the 29 spirits sites examined, 72 percent made some appeal to young consumers.

Continue the Conversation

Really address the issue of alcohol use with your teen. Ask him why he thinks it is considered a drug. Has he ever been around anyone who had too much to drink? How did that person act? Why does he think some teenagers drink alcohol? Remind him that it is illegal for anyone under 21 to buy or drink alcohol and that you do not condone breaking the law. Make your expectations clear.

Celebrate!

Historically, teen alcohol use has gone hand-

in-hand with many high school events such as proms and graduation. Ask your teen how prevalent alcohol is at her high school-related functions. Many high schools and parents groups have started sponsoring alcohol- and drug-free activities on prom and graduation nights. All-night activities include dance marathons, "mocktail" parties featuring nonalcoholic drinks, and parent-sponsored sunrise breakfasts. Is there such a program at your teen's school? If there is, ask your teen if she is interested in volunteering with you on an organizing committee. If there are no such programs, ask your teen about starting one. Does she think it is a good idea? Is it needed? Why or why not?

Alcohol and Youth

- One study found that when school-age youth are allowed to drink at home, they not only are more likely to use alcohol and other drugs outside the home, but also are more likely to develop serious behavioral and health problems related to substance use. The survey indicated that most parents allow for "supervised" underage drinking, which is a bigger factor in use and abuse than peer pressure.²⁵
- For boys, alcohol use is the precursor to marijuana use and marijuana use is followed by the use of other illegal drugs. For girls, tobacco smoking along with alcohol use is the precursor to marijuana use.
- Youth who drank alcohol in the past month are five times more likely to smoke cigarettes, four times more likely to smoke marijuana, and three times more likely to use another illicit drug.
- Marijuana and alcohol are frequently used together.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Alcohol Awareness Month NCADD (212) 206-6770 www.ncadd.org</p> <p>While alcohol is clearly the predominant drug in fatal crashes, marijuana is the next drug most frequently found in crash-involved drivers.³⁴</p> <p>National Public Health Week American Public Health Association (202) 777-APHA www.apha.org</p> <p>Marijuana is the most frequently used illicit drug among youth. A recent study shows that teens who drink or use drugs are more likely to have sex, initiate it at younger ages, and have multiple partners. These teens are at higher risk of sexually transmitted diseases including HIV/AIDS.³⁵</p> <p>Kick Butts Day (Apr. 2) Campaign for Tobacco-Free Kids 1-800-284 KIDS www.tobaccofreekids.org</p> <p>Smoking one joint is like smoking four cigarettes. The amount of tar inhaled by marijuana smokers and the level of carbon monoxide absorbed are three to five times greater than among tobacco smokers.³⁶</p> <p>National Child Abuse Prevention Month Prevent Child Abuse America (312) 663-3520 www.preventchildabuse.org</p> <p>Research shows more anger and more regressive behavior (thumb sucking, temper tantrums) in toddlers whose parents use marijuana than among the toddlers of nonusing parents.³⁷</p>		1	<i>Kick Butts Day</i> 2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

May

2002

Generations

For parents of teens, the generation gap often feels more like the Grand Canyon. Although young people through the ages have faced similar challenges, each generation has unique experiences which have shaped their values, attitudes, and behaviors. The following definitions are a general guide to the generations of the past century. Where do you fit in? Does the description hold true for you? Does it hold true for your "Millennial Teen"?

The G.I. Generation, Born 1901-1924

Bella Abzug, Virginia Apgar, Ralph Johnson Bunche, Shirley Chisholm, Walt Disney, Judy Garland, Daniel Inouye, John F. Kennedy, Estee Lauder, Margaret Mead, Chien-Shiung Wu.

This generation came of age with the sharpest rise in schooling ever recorded. As young adults, they endured the depression and fought in World War II. Later, buoyed by the G.I. Bill they built and settled American suburbia, invented miracle vaccines, and launched moon rockets. Characteristics attributed to them are frugality and patriotism.

The Silent Generation, Born 1925-1942

Neil Armstrong, Ben Nighthorse Campbell, Cesar Chavez, Dolores Huerta, Barbara Jordan, Martin Luther King Jr., Tommy Kono, Russel Means, Billy Mills, Toni Morrison, Colin Powell, Elvis Presley, Wilma Rudolph, Gloria Steinem, Maria Tallchief.

This generation grew up with the harsh realities of war and a depressed economy. As they came of age, they were too young to be war heroes and too old to be youthful free spirits. They saw America rise as a global

superpower as the middle class grew and prospered. They paved the way for civil rights and rock and roll.

Baby Boom Generation, Born 1943-1960

Bill Clinton, Bill Gates, Billy Jean King, Spike Lee, Kweisi Mfume, Antonia Novello, Edward James Olmos, Ellison Onizuka, Sally Ride, Steven Spielberg, Oprah Winfrey.

This generation grew up with the most idyllic images of American family life (*Leave It to Beaver* and *Father Knows Best*) but ushered in a "counterculture" era of free love, urban riots, and campus unrests. As they matured, idealism made way for materialism, and the word "yuppie" was coined. Boomers invented the youth culture of the 1960's, and are now in the position to keep the culture of their youth at the forefront (*That 70's Show*, *Summer of Sam*, The Rock and Roll Hall of Fame).

Generation X, Born 1960-1981

Tom Cruise, Mia Hamm, Michael Jordan, Lucy Liu, Selena, George Stephanopolous, Quentin Tarantino, Venus Williams, Tiger Woods, Kristi Yamaguchi.

Generation X grew up fast with rampant rates of divorce, a rise in single parent families, the AIDS epidemic, skyrocketing youth crime, latchkeys, and unsupervised afternoons. Labeled "slackers," they are probably the most misunderstood of recent generations. They entered the job market when there were no jobs, so it's not surprising they are risk takers with their careers and prefer free agency to corporate loyalty. Their outsider status helped spawn the angst-filled grunge movement and they also fueled the hip-hop explosion. Often cynical, Xers would rather volunteer than vote.

The Millennial Generation, Born 1982-2003

Mandy Moore, Mary Kate and Ashley Olsen (The Olsen Twins), Haley Joel Osment.

For the most part, those born into the Millennial Generation never had it so good and bad at the same time. Today, child welfare is back at the top of the national agenda, from childhood vaccinations to better childcare. But at the same time school violence has taken center stage and drugs have become more accessible, cheaper, and more potent. Millennials are growing up during economically prosperous times, decreasing divorce rates, medical advances, and earth-friendly movements like saving the ozone and recycling. But they also face the pressures of the fast-paced technological age.

Much of this information came from the book, *The Fourth Turning*, by Neil Strauss and William Howe.

Family Matters

When youth are asked who has an influence on their lives in general, their response shows parents and other family members at the top of the list. Although parents are the most important adults in the lives of adolescents, extended family members also play important roles in the healthy development of young people. In fact, extended family members like grandparents, uncles, aunts, and cousins may be the most important nonparent adults for young adolescents. Youth are strongly influenced and supported by family members, and recognize and value that support and influence. Review the generation descriptions with your teen. Which members of your family were born during each time period? What could your teen learn from them?

Asian/Pacific Islander Heritage Month
NCADI
1-800-729-6686
www.health.org/seasonal/asianpi/

Recent studies that show significant Asian/Pacific Islander substance abuse rates have dispelled the “model minority” myth. The shame and stigma of substance abuse and the resulting “loss of face” is a core issue affecting A/PI substance abusers.³⁸

National Alcohol and Other Drug-Related Birth Defects Week (May 12-18)
(212) 206-6770
www.ncadd.org

Alcohol and illicit drugs cross the placenta and enter the fetal blood stream, interfering with growth and development both physical and mental, causing reduced birth weight, birth defects, learning and behavior disorders, and newborn distress. The developing fetus cannot detoxify these drugs because of immature enzyme systems.³⁹

National Emergency Medical Services Week (May 19-25)
American College of Emergency Physicians
(202) 728-0610
www.acep.org

SAMHSA’s Drug Abuse Warning Network (DAWN) Medical Examiner Report shows drug-related deaths climbed throughout the 1990’s, but appear to have leveled off at about 9,300 per year—exclusive of deaths from AIDS, homicide, and where the drug of abuse was unknown.⁴⁰

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
Mother's Day 12	13	14	15	16	17	Armed Forces Day 18
19	20	21	22	23	24	25
26	Memorial Day 27	28	29	30	31	

June

2002

Summer Vacation

It's summer and that means teens are out of school and have more time on their hands. It's important to make sure your teen has easy access to a wide range of appealing drug-free activities during the summer. Help him land a summer job, enroll in summer school, or look into special summer programs that appeal to his interests. The summer months also offer parents opportunities to familiarize themselves with youth culture.

Extra...Extra...Read All About It

If your idea of a perfect summer day is kicking back in a lounge chair with a magazine and a tall ice tea, why not try something a little different? This time, instead of bringing out a stack of your favorite magazines, take a couple of your teenager's favorite magazines instead. Take the assignment seriously. Ask your teen to provide you with three to five of his favorite magazines and read them cover to cover. Find out about the latest fashions, music, and teen idols. What are teens talking about in the magazines? What problems do they write about in the advice columns? Ask if your teen thinks the magazines depict the real experience of teenagers in America.

Some titles to check out:

- *Seventeen*
- *YM*
- *Vibe*
- *Rolling Stone*
- *Teen People*
- *Jump*
- *The Source*
- *Latin Girl*

The Perfect Getaway Spot for the Family Vay-Cay—Home

It used to be you could pile the kids in the car and head for grandma's or the nearest theme park. Now, your teen has grown out of these activities. How do you plan family time together? This year, instead of heading out of town, why not take time off work and do something with your teen? Research shows that young people are less likely to use drugs and alcohol when they have something positive and meaningful to do. Take the opportunity to talk to your teen about the dangers of marijuana and other drugs. The most important thing is that they spend quality time with a caring adult building the skills they need to stay drug free.

Involve Teens in the Planning

Ask your teen to come up with a list of activities for your time together. You can:

- Visit your teen's favorite store in the mall.
- Plan an all-day bike trip.
- Tour local college campuses.
- Go to a sporting event.
- Catch the latest "must see" teen movie, or rent a movie of your teen's choice.
- Go to a concert of your teen's choice.
- Work together in a soup kitchen, shelter, or other organization your teen is involved with or interested in.
- Spend a day swimming or canoeing.
- Tackle a huge house project like painting or wallpapering your teen's room.
- Challenge each other to a game of tennis or one-on-one basketball.

Positive activities like these build confidence,

provide a sense of security, and help young people develop good decision-making skills. These strengths are especially crucial during the teen years, when young people are beginning to explore and develop their interests, friendships, and identities—and when youth are most likely to be invited to use drugs.

A Captive Audience

Still planning to do a little traveling? All those hours together in the car, train, bus, or plane are the perfect time to talk to your teen about marijuana and other illicit drugs. Feel uncomfortable talking about drugs? That's okay. You don't have to feel perfectly at ease, but you can't ignore the subject. Read up on topics you are concerned about. The extra knowledge may make you feel more confident and comfortable addressing the topic with your teen. Or, you can make it a point to find out more information together.

Contrary to some parents' fears, your strict rules won't alienate your teens. They want to know you care enough to lay down the law. Rules about what's acceptable make teens feel loved and secure. But remember that a discussion is a two-way street. Don't do all the talking. Listen carefully to their responses and read between the lines. You'll learn a lot about what they think about drugs and lots of other important topics, too.

Many teens are involved with and demonstrate a commitment to various causes and social issues. Suggesting they use part of their summer vacation to participate in or volunteer for causes meaningful to them, including substance abuse prevention activities, is a great way of helping teens voice positive self-expression and develop a social conscience.

National Men's Health Week
(610) 967-8620
www.nationalmenshealthweek.com

Marijuana is usually smoked in the form of loosely rolled cigarettes called joints or hollowed out commercial cigars called blunts. Joints and blunts may be laced with a number of other drugs including cocaine and phencyclidine (PCP).

For other ideas on activities and issues teens can become involved with during the summer months, visit the following Web sites:

Girl Power!
www.health.org/gpower

ForReal
www.ForReal.org

Campaign for Tobacco-Free Kids®
<http://tobaccofreekids.org>

Volunteers of America
www.voa.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	Flag Day	15
Father's Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Footnotes for Topical Sections

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